

## Winning Goal Church Basketball League Rules

### 1. General Rules

All Virginia High School League rules will be followed with the following exceptions.

### 2. Playing time.

All players must play at least one period of the game or 6 minutes throughout the game.

### 3. Timeouts

There will be three timeouts per half per team in each game.

### 4. Clock Operation

Each period will be six minutes long with a running clock, except for the fourth period and the last minute of first three periods. The clock will stop on all foul shots, dead balls, and any time the referee instructs the clock operator to do so. The clock will stop on all dead balls for the full fourth period. The clock operator can use judgment to stop the clock at other times if they see a need.

### 5. Lane Violation

There will be a 5 second lane violation instead of a 3 second violation.

### 6. Shooting Fouls

The player shooting a foul shot must start behind the line, but will be allowed to jump over the line when shooting. If a player does cross the line they may NOT be the first to make contact with the ball after the ball is shot. If the player remains behind the line while shooting, then they may be the first to make contact with the ball after it is shot.

### 12. Overtime Rules

A three-minute overtime will be played if the score is tied after the fourth quarter. The overtime will begin with a jump ball and the clock will stop on each dead ball. Each team will be given an additional time out and time outs from the second half will be carried over.

If the score is still tied after the overtime, the teams will enter a shoot out. Each coach will chose five players. Each player will be given one foul shot. The teams will alternate taking shots at the opposite goals. Each shot will count one point. If one team has the advantage after five shots, they are the winner.

If the teams are still tied after the first shoot-out, a second one will take place and so on until there is a winner.

### 7. Defense Guidelines

The defensive team will not be allowed to defend the ball until the offensive team crosses the (offensive) three point line. One player from the defending team may pick the ball up at the half court line, but the other four defenders must remain inside of the three point line until the ball crosses over the three point line. The defensive players can take turns being the one who can defend past the three point line. **This rule is not in effect for the fourth period.** The only exception to this rule during the first three periods is when a fast break occurs then any defensive player may guard the dribbler once the player crosses half-court. Any loose balls can be pursued by either team.

### 8. Fourth Period Guidelines

Full court pressure will be permitted for the fourth period of the game for the winning or losing team. If there is a 10 point lead (or more) by one team then they are not allowed to apply full court pressure.

### 9. Defense Violations

The defending team will receive a warning for the first infraction of the defensive rule (#7) and a technical for the second warning.

### 10. Defense Styles

Teams may play man to man or zone defense.

### 11. Proper Behavior

Players, Coaches, and Fans must conduct themselves in a Christ-like manner.

Note: Coaches have the right to suspend a player for a game should the player not earn the right to play through missed practices, being a discipline problem, etc.